

CHILD'S MENUS

Child Nutrition Program of Southern California

PROVIDER NO. _____

MONTH _____

YEAR _____

(1 year +)

REQUIREMENTS					SUN. (date) _____	MON. (date) _____	TUE. (date) _____	WED. (date) _____
		Age 1-2	Age 3-5	Age 6-12	DESCRIPTION	DESCRIPTION	DESCRIPTION	DESCRIPTION
Breakfast	Fluid Milk	1/2 Cup	3/4 Cup	1 Cup				
	Juice/Fruit/Veg.	1/4 Cup	1/2 Cup	1/2 Cup				
	Bread/Cereal	see handbook for specific types and amounts						
AM Snack Select 2 of 4**	Fluid Milk	1/2 Cup	1/2 Cup	1 Cup				
	Juice/Fruit/Veg.	1/2 Cup	1/2 Cup	3/4 Cup				
	Meat/Meat Alt.*	1/2 Ounce	1/2 Ounce	1 Ounce				
	Bread/Bread Alt.	see handbook for specific types and amounts						
Lunch	Fluid Milk	1/2 Cup	3/4 Cup	1 Cup				
	Meat/Meat Alt.*	1 Ounce	1 1/2 Ounces	2 Ounces				
	Fruit/Veg.	2 or more to total 1/4 Cup	2 or more to total 1/2 Cup	2 or more to total 3/4 Cup				
	Bread/Bread Alt.	see handbook for specific types and amounts						
PM Snack Select 2 of 4**	Fluid Milk	1/2 Cup	1/2 Cup	1 Cup				
	Juice/Fruit/Veg.	1/2 Cup	1/2 Cup	3/4 Cup				
	Meat/Meat Alt.*	1/2 Ounce	1/2 Ounce	1 Ounce				
	Bread/Bread Alt.	see handbook for specific types and amounts						
Dinner	Fluid Milk	1/2 Cup	3/4 Cup	1 Cup				
	Meat/Meat Alt.*	1 Ounce	1 1/2 Ounces	2 Ounces				
	Fruit/Veg.	2 or more to total 1/4 Cup	2 or more to total 1/2 Cup	2 or more to total 3/4 Cup				
	Bread/Bread Alt.	see handbook for specific types and amounts						
EV Snack Select 2 of 4**	Fluid Milk	1/2 Cup	1/2 Cup	1 Cup				
	Juice/Fruit/Veg.	1/2 Cup	1/2 Cup	3/4 Cup				
	Meat/Meat Alt.*	1/2 Ounce	1/2 Ounce	1 Ounce				
	Bread/Bread Alt.	see handbook for specific types and amounts						

REQUIREMENTS					THU. (date) _____	FRI. (date) _____	SAT. (date) _____
		Age 1-2	Age 3-5	Age 6-12	DESCRIPTION	DESCRIPTION	DESCRIPTION
Breakfast	Fluid Milk	1/2 Cup	3/4 Cup	1 Cup			
	Juice/Fruit/Veg.	1/4 Cup	1/2 Cup	1/2 Cup			
	Bread/Cereal	see handbook for specific types and amounts					
AM Snack	Fluid Milk	1/2 Cup	1/2 Cup	1 Cup			
	Juice/Fruit/Veg.	1/2 Cup	1/2 Cup	3/4 Cup			
	Meat/Meat Alt.*	1/2 Ounce	1/2 Ounce	1 Ounce			
Select 2 of 4**	Bread/Bread Alt.	see handbook for specific types and amounts					
Lunch	Fluid Milk	1/2 Cup	3/4 Cup	1 Cup			
	Meat/Meat Alt.*	1 Ounce	1 1/2 Ounces	2 Ounces			
	Fruit/Veg.	2 or more to total 1/4 Cup	2 or more to total 1/2 Cup	2 or more to total 3/4 Cup			
	Bread/Bread Alt.	see handbook for specific types and amounts					
PM Snack	Fluid Milk	1/2 Cup	1/2 Cup	1 Cup			
	Juice/Fruit/Veg.	1/2 Cup	1/2 Cup	3/4 Cup			
	Meat/Meat Alt.*	1/2 Ounce	1/2 Ounce	1 Ounce			
	Select 2 of 4**	Bread/Bread Alt.	see handbook for specific types and amounts				
Dinner	Fluid Milk	1/2 Cup	3/4 Cup	1 Cup			
	Meat/Meat Alt.*	1 Ounce	1 1/2 Ounces	2 Ounces			
	Fruit/Veg.	2 or more to total 1/4 Cup	2 or more to total 1/2 Cup	2 or more to total 3/4 Cup			
	Bread/Bread Alt.	see handbook for specific types and amounts					
EV Snack	Fluid Milk	1/2 Cup	1/2 Cup	1 Cup			
	Juice/Fruit/Veg.	1/2 Cup	1/2 Cup	3/4 Cup			
	Meat/Meat Alt.*	1/2 Ounce	1/2 Ounce	1 Ounce			
	Select 2 of 4**	Bread/Bread Alt.	see handbook for specific types and amounts				

PROGRAM REMINDERS:

1. USDA's Meal Spacing Policy
Meals must be served during the period normally considers appropriate; breakfast before 9 a.m.; lunch between 11 and 1:30 p.m.; supper (dinner) between 4 and 7 p.m. There must be a minimum of 2 hours between meals when snacks are served.

2. School-age
The definition of school age for SB265 (2 additional children) is 6 years and older.

3. Dinner/Weekend Site Visits
State regulations require an unannounced Dinner and/or Weekend site visit for providers who claim children regularly for dinner and/or on the weekends. Please keep your menu and attendance forms up to date.

4. Don't forget, if you work on a holiday, write "Open on Holiday" on your attendance sheets.

5. Please review your menus and attendance sheets before mailing your claim.

6. Your claim is due in the office on or before the 5th of the following month.

* For more specific types and amounts see meal patterns in your handbook.

** Juice and milk may not be used together to meet the snack requirement.

If yogurt is used as the meat component in snacks, it is not recommended that milk be used to satisfy the second component requirement.

Commercially added fruit or nuts in flavored yogurt may not be used toward satisfying the second component in snacks.